

# THE STATE OF THOUGHT PROCESS ON LIFE AMBITION IN ADULTS AND A TECHNIQUE FOR LIFE PATH PLANNING

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## Abstract

From childhood people have dreams as to what they aspire to become in life. This aspiration that arises at a young age either evolves to a deeper degree of passion or drifts in direction as individuals pass through the adolescent phase of life i.e. when attending school and college. Most individuals embarking on the adulthood phase of life and entering the first stages of a career path give in to societal demands and challenges. Hence their life ambition(s) get sidetracked and they end up either getting de-prioritized or totally forgotten. A few individuals with deep levels of passion for their aspirations stay persistent towards achieving their dreams. In this paper we discuss the preliminary results of a study that ascertains the state of thought process of adults with respect to their life ambitions. In addition we present a methodology termed as LifePath<sup>SM</sup> Planning, that helps individuals to systematically think through the future steps involved that enable them ultimately reach their life goals.

**Keywords:** Ambition, Aspiration, Development, Life Path, Planning, Coaching and Adult Thought Process